

1 issue that several people referred to earlier: the FDA's  
2 proposal from April of a year ago. And we all, I trust, are  
3 aware of the volume of response, and the strongly felt  
4 disagreement.

5 But there seems to be a belief on FDA's part, held  
6 closely and deeply, that somehow disease-related claims are  
7 not appropriate for things that are foods, and dietary  
8 supplements are a sub-category of food. In fact, the  
9 definition of "food for special dietary use," which has been  
10 in the FDA regulations since the 1940s, and which includes  
11 among the defined categories "dietary supplement products"  
12 as a type of food for special dietary use, has recognized  
13 that claims of special dietary usefulness for a food may  
14 include claims about providing usefulness with respect to  
15 physical, physiological, pathological or other conditions  
16 including, but not limited to, the conditions of disease.  
17 I've more or less got that verbatim. And that's in Part  
18 105--I guess .3, somewhere along that line, in the  
19 definitional section.

20 I would submit to you that there are perfectly  
21 appropriate dietary supplement uses with respect to disease,  
22 and to say that something is "disease-related," to use the  
23 conceptual dividing line that FDA often uses, is not an  
24 appropriate divider for deciding whether something ceases to  
25 be an appropriate food or not; and that there are very good

1 cases to be made, which will be made--and I hope they don't  
2 need to eventually be thrashed out in litigation--to the  
3 effect that disease-related claims are indeed appropriate in  
4 certain circumstances, for certain products, for things that  
5 are dietary supplements or, indeed, foods for special  
6 dietary use.

7           And I think that if we are to avoid that black  
8 hostility that I believe Jim Turner talked about earlier,  
9 that this is an apt time for the Agency to reflect on some  
10 fundamental instincts about what's acceptable for a food and  
11 a supplement, and a food for special dietary use, insofar as  
12 that's an appropriate umbrella term for supplements.

13           And I personally believe that there's a very good  
14 legal argument, as well as a good policy argument, that  
15 there's number of disease-related representations that  
16 deserve to get in--appropriately, properly--and that the  
17 Agency's instinct is so resistant to that, and its proposals  
18 are so resistant to that, its courtesy letters are so  
19 resistant to that, that we find ourselves dealing with these  
20 issues always in conflict situations. It's regrettable.

21           I mean, one of--you asked earlier about advisory  
22 committees, whether they're advisory committees, or however  
23 they're set up. It really will be advantageous to the  
24 industry and to the FDA, I think, if you can find ways for  
25 some of these issues, which have been dealt with in

1 contentious contexts to be dealt with in non-contentious  
2 contexts.

3 MR. LEVITT: Thank you.

4 Yes.

5 MS. LEWIS-ENG: I do have one comment that I would  
6 like to make.

7 I don't really have a clarification comment under  
8 DSHEA that I would like to ask, but I do have one under  
9 FDAMA. Since the agency is really looking at priorities at  
10 this time, I think that we should have a clear definition of  
11 what an "authoritative statement" is. I think there has  
12 been lots of upheaval in the industry--dietary supplement  
13 industry in terms of what exactly constitutes an  
14 authoritative statement, and the agencies such as NIH and  
15 the FDA and others who are approved under FDAMA don't seem  
16 to agree what an authoritative statement is. And I think  
17 that really should be clarified.

18 MR. LEVITT: Okay. Thank you. I think that  
19 counts.

20 [Laughter.]

21 Steve, do you have anything you'd like to add?

22 MR. ALLIS: Your question related to where we  
23 could establish or improve on definitions that you rely on?

24 MR. LEVITT: Yes.

25 MR. ALLIS: All I can really do is reiterate my

1 point is that looking at this from a legal perspective, or  
2 regulatory perspective, it's easy to ignore the science side  
3 of it, which is what I was trying to stress in my talk,  
4 which is that it's pretty easy to define what's good science  
5 and what's bad science most of the time. And as far as a  
6 definition goes, just, like I said in my speech a minute ago  
7 was that if it's going to be bad science for use for someone  
8 to apply to the Agency, it should still be bad science when  
9 the Agency wants to rely on it for passing regulations.

10 MR. LEVITT: Okay. Thank you.

11 Margaret.

12 MS. PORTER: Well, I have several questions I'll  
13 try to discipline myself and start with one that I actually  
14 asked the earlier panel.

15 I was pretty stimulated by this morning's <sup>2</sup>second  
16 panel really urging the Agency to find ways of doing  
17 consumer research or having others do consumer research that  
18 really looked intensively at how dietary supplements are  
19 actually used; whether consumers really follow the labeled  
20 indication, follow the dosage indicates; whether they use  
21 supplements for purposes that are not advised by the  
22 manufacturers, and whatever, on the labeling and otherwise.

23 And I was interested in any comments that you  
24 might want to make on behalf of your clients about the  
25 appropriateness of that kind of research; the usefulness for

1 which it could be used. I know that in the Pearson context  
2 there is a strong suggestion that the Agency look at that in  
3 the context of disclaimers. I'm acknowledging that, but  
4 also asking some broader questions, and I'd be interested in  
5 any comments you might have.

6 MR. PROCHNOW: In my judgment, I think it's a very  
7 important component to the resolution of all of these  
8 issues. I mean, consumers are the ones that are to benefit  
9 from taking dietary supplements. They probably drove the  
10 enactment of DSHEA. The question always is: how do you pay  
11 for this and get it done in a reasonable period of time.

12 Now, although I respect what the FDA has done in  
13 the past, still it seems its efforts with respect to the  
14 ephedra rule, and structure/function rule not get too far.  
15 So I think that if there's going to be some research in this  
16 industry, again it has to somehow be--the industry has to, I  
17 think, carry the water on that issue, with input from the  
18 FDA.

19 I think the industry wants to do some of these  
20 things, and is looking for a mechanism of how to carry this  
21 out. I think there's got to be a partnership involved here,  
22 and I think Annette Dickinson talked about a partnership  
23 this morning. I just happen to think--I'm trying to be  
24 creative and think about our clients, or about a program  
25 that the industry can buy into to fund some of these things.

1 Because of this requires a lot of money. And without that  
2 happening, I don't see it being done.

3 But we use consumer research on trademark issues  
4 in this industry all the time, and for other things. So I  
5 think it's imperative that something like that should be  
6 done.

7 MR. McNAMARA: I trust the assumption is that it's  
8 not being done in all cases. I mean, there are some  
9 substantial companies--I would assume, but I don't know that  
10 I have the right to make the assumption--often the larger  
11 ones, that have, I know, spent a great deal of money on  
12 appropriate research of various kinds. I think the first  
13 focus tends to be on the substantiation of the health-  
14 related structure/function statement, but there--it's not  
15 appropriate to name brand names up here, but there's a major  
16 line of products out there now with a clinically-proven  
17 representation on the front panel. I think you'll find that  
18 people who are making those kinds of claims have done a lot  
19 of work to substantiate those, at least certain of the  
20 companies that are larger companies, that I'm familiar with  
21 are, in fact, doing that.

22 And--so I wouldn't reach the quick and cavalier  
23 assumption that things are not being done, or at least that  
24 it's any materially different than perhaps you find with  
25 respect to other industries that FDA regulates, where

1 there's a variety of performance. But you should also not  
2 judge companies that do comply by those that don't. And I  
3 think that there are many out there who feel that sometimes  
4 they've put in the work to defend what they've got, and then  
5 they're tarred by generalizations that are made about  
6 others.

7           One of the other factors that I really think is  
8 important here that no one has raised yet, and that I know  
9 that Dr. Yetley and Mr. Levitt have heard me raise in other  
10 contexts, has to do with insofar as you're worried about a  
11 definition, or insofar as you're--you know a product is a  
12 supplement or a drug, or insofar as you're worried about  
13 whether a claim is an appropriate claim or not; insofar as  
14 the Agency expresses an opinion, it ought to be willing to  
15 follow through on that opinion.

16           And one of the negative impacts right now that we  
17 are all living with, if we're honest, is that the Agency is  
18 issuing letters that express opinions that nobody pays  
19 attention to; or that the addressees have paid no attention  
20 to. I've mentioned one that I know--again, I'm not going to  
21 mention a brand name up here, but anyone out there in the  
22 industry's probably familiar. I mean, the Agency sent at  
23 least five letters expressing the view that a particular  
24 name and claim are illegal and inappropriate for a  
25 particular product that's quite successful. And it has been

1 increasingly successful, notwithstanding the FDA's repeated  
2 letters. And the Agency's done nothing, and the product is  
3 just booming in the marketplace.

4           Now, believe me, when other companies come and  
5 consult with you about, "Well, can we make the following  
6 claim or not," and you say, "Well, you know the agency  
7 issued a letter about that point last year." And they say,  
8 "Tell me about something other than an FDA letter. I know  
9 what happened to the letter that FDA wrote that other  
10 company. They didn't do anything to follow through on it.  
11 The people that withheld from meeting the competition lost  
12 lots of money. And I have no confidence in FDA paper."

13           And whatever structure you come up with--earlier  
14 commenters this morning, I noticed, were talking about  
15 enforcement. I'm not up here to ask you to go out and have  
16 enforcement actions. I'm here to defend companies. But I  
17 believe that the wrong way to have the railroad run is for  
18 the Agency to express views that it does not follow through  
19 upon. You're wasting your money if you're sending that kind  
20 of a letter. You're not only getting no bang for the buck  
21 out of it, but you're undermining the respect for the agency  
22 in other contexts.

23           And a fundamental question should be going through  
24 the head of the Agency, whenever it expresses an opinion in  
25 writing, and that is: do we mean it enough that we mean it?



1 Or are we just putting it out there, and if people ignore  
2 it, we'll do nothing. And--enough to say on that.

3 Others?

4 MS. LEWIS-ENG: Whenever it comes to scientific  
5 substantiation, the question of money always arises. And I  
6 represent a number of clients who wouldn't be afraid or  
7 unwilling to spend a substantial amount of money to submit  
8 scientific substantiation to the Agency if they had faith  
9 that the Agency would take an objective view of the  
10 scientific substantiation.

11 In the past, when I sort of encouraged this type  
12 of clinical trials and whatnot, to take place, the most--the  
13 response I received most often is that, "I'm not certain  
14 that the FDA is going to take this scientific evidence that  
15 I produced seriously, based on its past actions that the  
16 Agency has taken."

17 So I would submit to the Agency that perhaps until  
18 the industry has more faith in the Agency, in terms of being  
19 objective and not having biases, if you will, that perhaps  
20 the Agency could team up with universities, or private  
21 contractors, if you will, to come up with some scientific  
22 information that everyone could pull from, and they get a  
23 grasp of what the Agency is actually looking for, and what  
24 will work with the Agency. And they might be willing to  
25 spend their own dollars on the scientific substantiation.

1 MR. LEVITT: Thank you.

2 Did you want to say something? Please.

3 MR. ALLIS: Like what I've stated before is that  
4 the companies do want--for the most part, do want to do the  
5 science. The clients that I represent with Ms. Lewis-Eng,  
6 they have an interest in having the science and putting the  
7 investment into the product. Of course, there's something  
8 you should keep in mind, which is that there's a risk not  
9 only that the other guy in the market won't have to be  
10 meeting the same burden, also, as I've seen in dealing with  
11 science and submission to the Agency, there's very little  
12 guidance sometimes, or access to people who will be  
13 reviewing the science, to find out whether a little flaw is  
14 going to be a fatal flaw later on when you come to the end  
15 of your study. That could be a huge expense, especially for  
16 the smaller companies that predominantly are found in this  
17 industry.

18 Another thing I would want to bring up is that the  
19 health-claims petitions that we filed recently--adopting  
20 health claims such as that might alleviate the need for some  
21 of the dietary supplement claims that are being generated by  
22 individual manufacturers, if they could rely, or fall back  
23 on a health-claims petition--or, I'm sorry, an approved  
24 health-claims petition. Maybe that statement might forego  
25 the need to come up with, maybe, some more extravagant

1 claims or objectionable claims.

2 MR. LEVITT: Thank you.

3 Before we move on to Dr. Yetley, let me note that  
4 Mr. Hubbard needed to leave. And I'm sure, Margaret, Bill  
5 would want to have yielded his time to you. And so, when we  
6 finish, if you'd like to have another couple of questions,  
7 I'm sure this group is eager to answer them.

8 Beth.

9 DR. YETLEY: Some of the previous panels had urged  
10 the FDA to take stronger action relative to safety and  
11 substantiation of claims.

12 How would you recommend that the FDA deal with the  
13 recommendations that hey were making to us?

14 MS. LEWIS-ENG: Well, I wasn't here this morning.  
15 But, of course, safety is of the utmost concern. As a  
16 consumer myself, I wouldn't advise the Agency to just put  
17 products on the market because there was some inclusive  
18 scientific evidence that wasn't really--didn't substantiate  
19 the claim at all.

20 What I'm looking for is that very rarely in the  
21 scientific is there a total agreement, and I'm just looking  
22 for some balance that the Agency can put on the health  
23 claims and substantiation requirement so that the small  
24 actors, as well as the large actors in the industry, can  
25 compete effectively in the market--with safety, of course,

1 being the number one concern.

2 MR. PROCHNOW: In my judgment, the biggest thing  
3 that you could do for safety right now, I think, is to  
4 either adopt the GMPs that have been proposed by the  
5 industry in a guidance document, or issue a regulation for  
6 them. It will send a signal to the industry that this GMP  
7 process, and other processes, can have an end to them, and  
8 that the FDA can bring to finality certain things.

9 It's important, not only for the substance of  
10 them, but for the fact that they are actually issued, in the  
11 form of a guidance document or regulation. Because right  
12 now, whether it's in the context of just manufacturers and  
13 distributors wanting to be able to have safe products, but  
14 people will conform to a--whether it's a quasi-regulatory  
15 document like a guidance document or a regulation--but I  
16 believe there's got to be some finality to the GMP process,  
17 and that's the single biggest thing at the present time.

18 The second thing, I think, is selective--maybe  
19 sending out more warning letters and then, as Mr. McNamara  
20 suggested, taking some action with respect to some of the  
21 warning letters, because that makes a difference and an  
22 impact in the industry as well.

23 MR. LEVITT: Okay.

24 DR. BOWEN: I'm tempted to yield my question, but  
25 I guess I'm very curious, so I'm going to ask it.

1           Mr. Prochnow, you mentioned that you thought that  
2           FDA could get a lot of mileage out of holding meetings  
3           across the country in areas where consumers use dietary  
4           supplements pretty extensively. If that were possible, how  
5           would you envision those meetings to happen? The forum of  
6           those meetings?

7           MR. PROCHNOW: How do I envision them to happen in  
8           what? I'm sorry.

9           DR. BOWEN: Sort of the format, the forum of  
10          these--

11          MR. PROCHNOW: Yes. I think basically what it  
12          would be is this--is that you would send out a notice--let's  
13          just pick Colorado Springs--that there will be a meeting in  
14          Colorado Springs, and the people that will be there will be  
15          the District Director of Colorado and somebody--let's say  
16          Bob Moore--from the Washington, D.C. office. There will be  
17          a topic presented--let's say it's quality control and good  
18          manufacturing practices in the dietary supplement industry.  
19          I think there should be a short, like, overview, and maybe  
20          that topic divided into five segments. And then the meeting  
21          should be split up with, let's say, 10 people--let's say you  
22          have 40 people there--10 people in a session that considers  
23          one of the issues, reports back and makes recommendations to  
24          the group as a whole.

25          I think that process, you know, can take a half

1 day or take a day, but it worked really effectively in the  
2 meetings I went with the medical device community, and it's  
3 been just--the people I've talked to have come away feeling  
4 that they finally had the FDA listening to things. And it's  
5 just so often that there's so little chance for a mass of  
6 people to be participating in meetings like this that you'll  
7 really find out what the multi-level marketing distributor  
8 sees as the problems it confronts, or the contract  
9 manufacturer says "Here's where I really need some help," or  
10 where we could use some more working with or regulation with  
11 the FDA.

12 It's that kind of format that I think would be  
13 very effective.

14 MR. LEVITT: Thank you.

15 I'll give the phone back to Margaret.

16 MS. PORTER: This is--actually, Dr. Bowen actually  
17 asked one of my next questions. So let me just do a little  
18 bit of follow up, because I think that your comments, when  
19 you focused on sort of taking the Agency to the--going to  
20 the people and really engaging in a grass-roots way, I think  
21 the Agency also found the Denver meetings with the medical  
22 device industry quite productive, in terms of really having  
23 a way of listening to concerns and responding to them.

24 There are several different kinds of people that I  
25 think the Agency's interested in trying to reach out to at a

1 grass-roots level. Certainly one kind of stakeholder is the  
2 industry itself, and you suggested, I think, the forum under  
3 which the Agency might do that.

4 Do you have some suggestions for reaching  
5 consumers directly? We've obviously heard from a number of  
6 national or regional consumer organizations today, but I'd  
7 be interested if you've got some suggestions for grass-roots  
8 consumer outreach as well.

9 MR. PROCHNOW: I'll let others speak to it. But  
10 one thing I do want to say is I think the gentleman who  
11 represented AARP had a really good suggestion. I'm now an  
12 AARP member, for all of you that were wondering.

13 [Laughter.]

14 But their magazines--I mean, I read Modern  
15 Maturity. I'm 55 years old now and all of that, and it's  
16 the people who are in that age category--this is important  
17 things, and they respond to it. And you're talking about a  
18 huge segment of the American population. So I think the use  
19 of some mass media opportunities like that is the best way  
20 that I can think of. But others probably have other ideas  
21 about that.

22 MR. McNAMARA: It strikes me there are lots of  
23 interesting and important segments of consumers. A  
24 significant segment of dietary supplement users, it appears  
25 to me, based on things that have just happened to come up in

1 our practice of the law, include younger people in college  
2 and high school. There's a group of people who are highly  
3 interested in issues relating to diet and health and in  
4 supplements, and in alternatives, and I assume there are  
5 ways to reach college-age people as well. And one--again,  
6 we're lawyers, not marketing folks, but one certainly can  
7 get advice about reaching the various segments.

8 But it seems to me the important issue is to try  
9 and reach a lot of them. Sitting here as another--I hate to  
10 say how many years'--member of the AARP, but those--my  
11 children never read those magazines. Let's put it that way.

12 MR. LEVITT: Okay. Thank you very much.

13 Before we let you walk back down, we get the one  
14 final question: looking ahead a year from now, if FDA could  
15 do one thing it would be?

16 MR. ALLIS: Umm--

17 MR. LEVITT: One thing.

18 MR. ALLIS: One thing.

19 [Laughter.]

20 MR. ALLIS: Better access through guidance and  
21 interaction with your review staff so we can hit these  
22 targets that seem to be moving targets some times; the  
23 definitions and such.

24 MR. LEVITT: Okay.

25 Steve McNamara.



1 MR. McNAMARA: Well, I'm here for a particular  
2 client, so focusing on that particular's interest I'd like  
3 to see FDA withdraw the pending proposal on ephedra; have  
4 informal meetings that could then be held with the ephedra  
5 dietary supplement industry, focusing upon things that FDA  
6 may want, including long-term follow-up and issues that  
7 like, and have a guideline, or at least an indefinite  
8 interim guideline issued about the Agency's views about  
9 labeling composition and what a responsible company should  
10 be doing, including--insofar as you feel that's important--  
11 follow-up monitoring and reporting to the agency about  
12 events.

13 MR. LEVITT: Okay. Thank you.

14 Jim.

15 MR. PROCHNOW: I think I'm going to be able to do  
16 one--and-a-half here, because I agree with everything that  
17 Steve had to say about the ephedra rule: guidance document  
18 only.

19 Beyond that, I think that, seriously, all of the  
20 people here have raised this issue about maybe not more  
21 regulation but the need for the FDA to be actively involved  
22 in the process with the industry. And so therefore, at the  
23 end of this year I would hope that we have completed a round  
24 of intimate industry meetings in a lot of different  
25 districts throughout the United States, so we're in a better

1 position to move forward with a master strategy plan after  
2 next year.

3 MR. LEVITT: Okay. Thank you.

4 Claudia.

5 MS. LEWIS-ENG: And to be totally predictable--

6 [Laughter.]

7 --I would like to say I would like to see a  
8 faithful implementation by the Agency of Pearson v. Shalala.  
9 And I also would like to say that I want to rally behind Jim  
10 and Steve's request that the FDA withdraw the proposal on  
11 ephedra.

12 MR. LEVITT: Okay. I thank this panel very much.

13 As you're getting ready to get up and walk back  
14 down, there are two additional people that have asked to  
15 speak. I'd ask them to come up together, and we'll have a  
16 mini-panel here.

17 One is Anne Fonfa, and one is Mary Silverman. And  
18 then that will conclude our day.

19 Thank you very much, the four of you. And thank  
20 you for traveling--and the many other people that traveled,  
21 too.

22 [Pause.]

23 **ADDITIONAL COMMENTERS**

24 MS. FONFA: I'm just going to start.

25 MR. LEVITT: Thank you. If you'll just let the

1 gentleman behind you sit down. And again, while you're up  
2 here, we'll give you the same five minutes everybody else  
3 had--

4 MS. FONFA: Thank you.

5 MR. LEVITT: --and we've got the timer right down  
6 here in the front way. If you can identify who you are, and  
7 where you're from, and who you're representing. Thank you.

8 MS. FONFA: My name is Anne Fonfa, and I'm a  
9 cancer patient. I represent a group called the Annie  
10 Appleseed Project, and what we do is speak and for cancer  
11 patients who are using alternative and complementary  
12 therapies which, as you probably know, is a majority of  
13 cancer patients. I also speak to health professionals and  
14 other people about this issue.

15 So--patients are using complementary therapies and  
16 alternatives, which include dietary supplements and every  
17 single thing we heard mentioned here today. I echo the  
18 safety concerns of everyone else, but I have to say, for  
19 cancer patients, proof of efficacy has become the critical  
20 thing. People are doing things right now. They're not  
21 waiting for safety, and they're certainly apparently not  
22 waiting for efficacy. So, from my perspective we can solve  
23 two birds with one stone if we focus on efficacy, I think  
24 we'll find that that will resolve the safety questions  
25 pretty clearly.

1 Standards for drug development that we're  
2 currently using for cancer have been toxicity, terrible  
3 effects that are called "side effects" but aren't. So we're  
4 not as concerned as others might be about the safety in the  
5 same way. We don't mean it in the same way that everyone  
6 else does.

7 I also agree with many of the speakers that  
8 research exists and can be looked at, and I think it needs  
9 to be brought together in a way that will make it clear to  
10 cancer patients, and others, what it is that we can use  
11 appropriately.

12 I don't think we should limit anything to a single  
13 element. That's been a problem in both drug development and  
14 with supplements. We know that people use things in  
15 combination, and that needs to be studied directly.

16 We need to send a message to pharmaceutical  
17 companies that supplements can be used with their products,  
18 and that they need to be concerned about their--the dangers  
19 of their products. I don't think it's specifically the  
20 herbs and other things that are so dangerous, but the way  
21 they interact with pharmaceuticals. And I think if garlic  
22 is a blood thinner, that's not necessarily bad. It may  
23 indicate that we could consider use of garlic as a way to  
24 reduce our use of pharmaceuticals, because every  
25 pharmaceutical product as unwanted effects.

1           We want health care professionals to be involved.  
2 No one was here today. That's a concern of mine. I think  
3 they should be part of this process.

4           The final thing is I think--I wrote something here  
5 that I can't even interpret. Oh, yes--patients start a  
6 regiment of supplements, and then they become scared because  
7 they are looking at the statement that says it hasn't been  
8 evaluated by FDA. And that's a concern, because they start  
9 something and they stop it. They may desperately need  
10 something. They may have been already finished with  
11 conventional treatment, which is the way most people use  
12 alternative or complementary therapies; or they're looking  
13 for them to reduce side effects. And since they're not sure  
14 how it works, its efficacy, they lose faith in it, and they  
15 stop at a point at which they might be gaining something  
16 from it. Because we're used to pharmaceuticals, we want an  
17 instant reaction, and we know that herbals and dietary  
18 supplement may take time--at least I know that, and you all  
19 know that. But many of the cancer patients are without  
20 direct information.

21           So I truly think that going toward efficacy  
22 immediately, and having statements of efficacy would be  
23 extremely useful to our population. We're doing it now.  
24 Our lives are at stake. Our time is limited and our money's  
25 limited.

1 Thank you.

2 MR. LEVITT: Thank you.

3 Please--you may sit right there if you like.

4 MR. SILVERMAN: Okay. Thank you.

5 My name is Maury Silverman, from Silver Spring,  
6 Maryland, and I wanted to share some personal impressions.

7 Several people here asked your panel about  
8 completing the ephedra regulation question. And I have some  
9 impressions and thoughts I'd like to share with you, and ask  
10 your comments.

11 I've watched that issue through the years. I was  
12 personally somebody who worked for passage of the DSHEA law.  
13 I think it's a good law, and a good structure; and that  
14 industry and consumers and the FDA need to join ranks and  
15 work effectively and objectively to implement it and get it  
16 down to the details beyond what might be in the actual  
17 language that went through late that night at the end of  
18 that session.

19 I wonder if the ephedra issue is kind of a bad red  
20 herring for all of us ; all people concerned. I remember  
21 attending the two-day Food Advisory Subcommittee meeting on  
22 ephedra--it's, oh, many years ago now. And I remember well  
23 one of your best experts at the table was Varro Tyler. And  
24 he flat-out stated on the second day, "Regulate the chemical  
25 ephedrine as a drug, as it is. Regulate the botanical

1 ephedra alkaloids under DSHEA." And he gave labeling  
2 recommendations; label contraindications, label a maximum  
3 daily dose and per serving dose, that's objective for the  
4 benefits of ephedra.

5 I want to ask you two questions. I remember  
6 seeing the effects literature that was brought to that  
7 meeting, and it was clearly all effects of chemical  
8 ephedrine. And I want to ask a basic question before you  
9 decide on a final rule, or whether to accept it, toss it  
10 out, revise it, just go back to a guidance procedure--  
11 whatever.

12 Has FDA distinguished where the serious side  
13 effects came from? Chemical ephedrine, or botanical  
14 ephedra--also known as mah-wong; it's also known as Mormon's  
15 tea, for a good reason.

16 I think that's an important question to be  
17 answered, and it might clear up what some of the confusion  
18 has been, because Varro Tyler's remarks that day several  
19 years ago echo in my mind with this.

20 I'd also like to ask if FDA has ever determined if  
21 dietary supplements have been spiked with chemical  
22 ephedrine, and is that a possibility where some of what are  
23 called the "serious side effects" are coming from?

24 I also attended the Government Reform and  
25 Oversight Committee Hearing a few Thursdays ago, and a lot

1 of that testimony was illuminating. There was a gentleman  
2 who gave a very good historical and scientific narrative  
3 about the thermogenesis properties of ephedra. And I think  
4 that's why one of the common names for ephedra, or the  
5 botanical source is Mormon tea. It's what helped those  
6 people go west in the middle of a winter and predominantly  
7 make it there.

8 And I think these are important questions to be  
9 asked and answered. And like one of the previous people  
10 that were up here at this table said, please don't let the  
11 bad actors throw the good people and well-meaning people  
12 out. Please don't throw the baby out with the bath water.

13 One example was the testimony the other Thursday  
14 that the proposed dosages of ephedra are lower than the  
15 effective doses for thermogenesis in weight loss. And, as  
16 you know, there have been a lot of problems with some of the  
17 pharmaceutical drugs that are put in the marketplace for  
18 weight loss problems. And I think this should be done  
19 objectively and in a reasoned manner.

20 Some of it kind of reminds me of all the brouhaha  
21 over tryptophan which, my understanding was a problem with a  
22 Japanese manufacturer, Shawa Denka, that they took some of  
23 the activated charcoal steps out of their process and their  
24 might have been a bioengineered organism involved there was  
25 a problem with. And there was a later Mayo clinic study



1 that identified a contaminant. And that the lots of the  
2 those contaminated batches correlated with where the  
3 incidence of the eosinea myalgia syndrome came up--explained  
4 a lot. I heard testimony that there was virtually none of  
5 these cases in Canada, because none of those lots reached  
6 Canadian markets. And I feel sad that if issues like that  
7 are used by the people who would like to gut the DSHEA law,  
8 when we really need to implement it right.

9           An example, I think, would be the good  
10 manufacturing processes provisions in DSHEA could have  
11 solved the tryptophan problem before it really became a  
12 problem with eosinea myalgia syndrome. And I think these  
13 are some things that need to be thought about, taken to  
14 heart, and part of the learning process in developing this  
15 law, and implementing it properly for the public safety and  
16 in all people's interest. I think that's in all our  
17 interests, and that we should do this in a calm, reasoned  
18 manner, and look at the history of this, and do it right.

19           Thank you.

20           MR. LEVITT: Thank you very much for that  
21 presentation.

22           I'm not sure if you were here in the morning when  
23 we began, but one of the things I tried to explain is, today  
24 is really for us to kind of take in information and to  
25 listen, and to elicit more, and not get into a back and

1 forth. You know, I presume, from everything you've said  
2 that we did issue a proposed rule on ephedra a couple of  
3 years ago that did have a lot of information in there: what  
4 the agency based in on. We're now looking at all of that in  
5 trying to make the determination where to go. But, beyond  
6 that, we really--this is not the forum--

7 MR. SILVERMAN: No. All we realize--is we ask you  
8 to take all these comments home with you--

9 MR. LEVITT: Right.

10 MR. SILVERMAN: --and take them to heart. Thank  
11 you.

12 MR. LEVITT: Okay. Thank you very much. Let me  
13 thank both of you.

14 [Pause.]

15 That concludes our meeting today. We started a  
16 few minutes late, but we've finished a few minutes early.  
17 That's because, I think, number one, people came very  
18 prepared; people were very gracious and adhered to the rules  
19 of procedure that were laid out.

20 Let me again thank everybody who came today;  
21 people who presented. We will be taking all this  
22 information in, together with written comments at a meeting  
23 we're having on the West Coast in July, and really trying to  
24 develop--as I said at the beginning--an overall framework.  
25 Clearly our goal is to implement DSHEA in a responsible way

1 and to get consumers, as one of the speakers reinforced,  
2 access to products that are safe and properly labeled.

3 Let me thank everybody for their attention. Thank  
4 the panelists. And that will bring this meeting to a close.

5 [Whereupon, at 4:42 p.m., the meeting was  
6 adjourned.]

7

- - -

## *C E R T I F I C A T E*

I, **THOMAS C. BITSKO**, the Official Court Reporter for Miller Reporting Company, Inc., hereby certify that I recorded the foregoing proceedings; that the proceedings have been reduced to typewriting by me, or under my direction and that the foregoing transcript is a correct and accurate record of the proceedings to the best of my knowledge, ability and belief.

A handwritten signature in dark ink, appearing to read 'T.C. Bitsko', is written above a horizontal line.

**THOMAS C. BITSKO**